

DINNERLY



Chicken Mac 'N' Cheese with Peas and Golden Crumbs



30 minutes



2 Servings

Serve up this heavenly mac 'n' cheese and watch everyone run to the table. To make this dish even more lovable, we've added chicken and peas and topped it with crunchy golden breadcrumbs.

WHAT WE SEND

- 50g parmesan ⁷
- 1 large free-range chicken breast fillet
- 10g country seasoning ¹⁷
- 200g macaroni pasta ¹
- 150g peas
- 20g panko breadcrumbs ¹

WHAT YOU NEED

- 1 tbs olive oil
- 625ml (2½ cups) boiling water
- 20g butter ⁷
- 1 tbs plain flour ¹
- 60ml (¼ cup) milk ⁷

TOOLS

- fine grater
- medium saucepan
- medium frypan
- paper towel

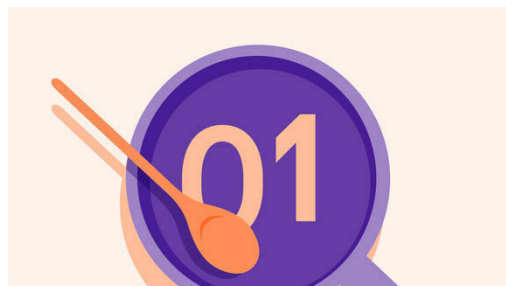
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

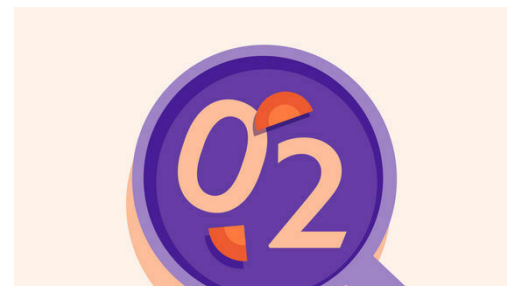
NUTRITION PER SERVING

Energy 905kcal, Fat 29.6g, Carbs 93.2g, Proteins 60.9g



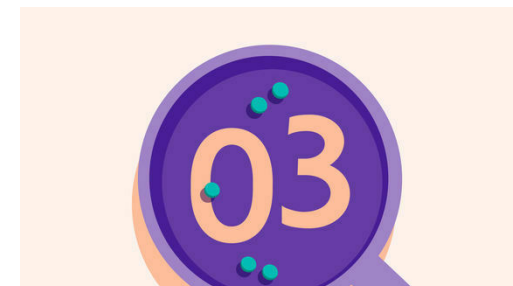
1. Prep ingredients

Finely grate the **parmesan**. Put the **chicken breast** flat on a board, put your hand on top and halve horizontally into 2 equal fillets. Put **1 tsp country seasoning** and **2 tsp olive oil** in a large bowl, season with **salt and pepper** and stir to combine. Add the **chicken** and turn to coat.



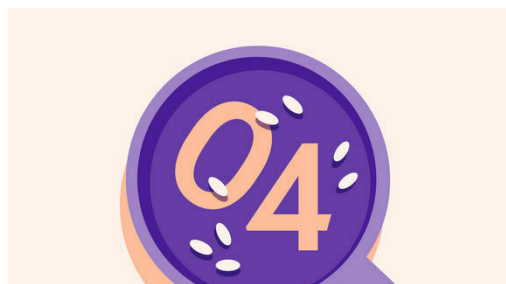
2. Make stock mixture

Put the **remaining country seasoning** and **625ml (2½ cups) boiling water** in a heatproof jug and stir to dissolve. Melt **20g butter** in a medium saucepan over medium-high heat. Add **1 tbs plain flour** and cook, stirring, for 1 min or until golden. Stir in the **stock** and **60ml (¼ cup) milk** and bring to the boil.



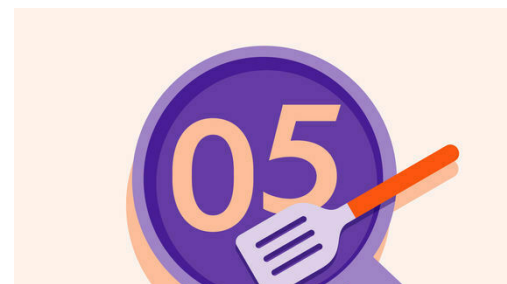
3. Cook pasta

Add the **pasta** to the stock mixture and stir to combine. Reduce the heat to medium and cook, stirring occasionally (see Kitchen 101), for 8 mins. Add the **peas** and cook, stirring occasionally, for 2-4 mins until the pasta and peas are tender and the liquid is almost absorbed. Remove the pan from the heat. Stir in the **parmesan**. Taste, then season with **salt and pepper**.



4. Pan-fry chicken

Meanwhile, heat **2 tsp olive oil** in a medium frypan over medium heat. Cook the **breadcrumbs**, stirring, for 3 mins or until golden. Remove from the pan. Wipe the pan clean with paper towel. Return the pan to medium-high heat. Cook the **chicken** for 3-4 mins each side until browned and cooked through. Remove the pan from the heat.



5. Serve up

Thinly slice the **chicken**. Divide the **mac 'n' cheese** among bowls and top with the chicken. Scatter over the **toasted breadcrumbs** and enjoy!



6. Kitchen 101

It's important to stir the pasta every now and then to prevent it from sticking to the bottom of the pan.